

The Strawberry Vine



Alice E. Souza,
Executive Director

DECEMBER 2016

Tel. 508-823-0095
<http://www.dighton-ma.gov>

Dighton Council on Aging, 300 Lincoln Avenue, North Dighton, MA. 02764
SERVING ALL DIGHTON CITIZENS OVER 60 YEARS OF AGE

Mission Statement: It shall be the mission of the Dighton Council on Aging to promote, evaluate, and encourage new and existing activities and services which will enhance the quality of life of elders living in the Town of Dighton.

A SPECIAL THANK YOU...

*At this time of year we would like to **THANK** all the Dighton Council on Aging and Prime Time Volunteers. We are very grateful for your contribution of time, talent and compassion through out the year. We would also like to **THANK** all the Generous Donors who donate all that is asked for through out the year. In lieu of mentioning names and fear of leaving someone out, we will **THANK** everyone and all.*



*Wishing all our friends,
our families and our clients,
a Joyous Holiday Season!
May you all be blessed with
Peace, Joy and Love!
From all of us here at the
Dighton Council on Aging
and Prime Time.*



TOWN OF DIGHTON VETERAN SERVICES NEWS

The town of Dighton Veterans Services has a new mobility van to transport Dighton Veterans to medical appointments at VA Hospitals. The Veterans Agent is seeking a volunteer driver. One who can fulfill requirements, including:

1. Have in your possession a valid MA RMV Driver's License.
- If you would like to help in this venture please call Donald L. Hirschy at the Dighton Town Hall 508-669-4524.



FUEL ASSISTANCE

Wondering if you qualify for Fuel Assistance? Please call ***Citizens for Citizens, 1 Taunton Green, Taunton,*** at (508) 823-6346 to apply. Income guidelines are:

Household Size	Maximum Gross Yearly Income
1	\$34,001 year
2	\$44,463 year
3	\$54,925 year
4	\$65,387 year



PRIME TIME HAPPENINGS

1059 Somerset Ave., Dighton, MA 02715

PRIME TIME WISH LIST DONATIONS NEEDED

1. Puzzles **100-300** pieces (large pieces).
2. Individually wrapped snack size; raisins, cookies and crackers for bingo prizes.
3. Your unwanted *Easy Listening Music* cd's. Please drop off at Prime Time, or at the Dighton Council on Aging.

PODIATRY CLINIC

The Podiatrist will be at Prime Time, on Friday, December 16th., ***This is by appointment only.*** Please call 508-669-6272 for more information and to check availability. ***There's limited space, so please call early.***

HAT & MITTEN GIVING TREE

We need ***Hats & Mittens/Gloves***, for our giving Christmas Tree. These mittens, hats and gloves will be distributed to local children charities during the winter months. Items may be dropped off at Prime Time, or the Dighton Council on Aging.



VISION CLINIC AT PRIME TIME

The next Vision Clinic will be held Tuesday, January 31, 2017. Please call 508-669-6272 for more information.

ENTERTAINMENT AT PRIME TIME

Dighton Residents 60+ are invited to attend **December 14, from 12:30 pm - 1:30 pm**, ***Sing for Joy*** will sing heavenly for us. Please call 508-669-6272 to let us know you will be joining us.

MEN'S SOCIAL GROUP

The Men's Social Group will be getting together on **Tuesday, December 13th., at 10:00 a.m.** Come socialize and have a cup of coffee and "*Shoot the Breeze*". The group gets together at the Dighton C.O.A at 300 Lincoln Ave. Hope to see you there?

U.F.O'S/ARTS & CRAFTS GROUP

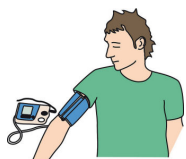
The *Un-Finished-Object*/Arts and Crafts Group will be getting together Tuesday, January 23, 2017 at 10:00 am, at the Dighton Council on Aging. Let's finish your projects, bring your quilting, beading, knitting or crocheting, and let's finish it together. Call (508) 823-0095 for more information.

KNITTED OR CROCHET LAP ROBES NEEDED

Compassionate Care Hospice is in need of Lap Robes, size 36" X 36". Lap robes may be dropped off at Compassionate Care Hospice, 174 Dean St., Taunton, or at the Dighton Council on Aging, 300 Lincoln Ave. For more information, you may call their Volunteer Coordinator at 508-399-5900. If you have yarn you would like to donate, please drop off at the Dighton COA at 300 Lincoln Ave., N. Dighton. Thank you in advance for your generosity.

BOOST YOUR THINKING SILLS WITH HEART-HEALTHY EXERCISE

Exercise is necessary in order to keep your heart strong, and keep away chronic diseases. But did you know that it can also help boost your thinking skills? And it doesn't have to be difficult. Try ***Tai Chi***. A recent study found that it has the potential to improve brain function in older adults, especially in such areas as planning, working memory, attention, problem solving, and verbal reasoning.



WELLNESS AND BLOOD PRESSURE CLINIC

Our Wellness Clinic will be held on Tuesday, December 20th., at 9:30 am, at the Dighton Council on Aging, 300 Lincoln Ave., N. Dighton. The scheduled topic for this month, **"Medications & Alcohol"** A Nurse will be available to answer questions and to check your blood pressure. Please call 508-823-0095 to schedule appointment. Walk ins are always welcome.

CHAIR YOGA

Chair Yoga classes are held for those 60+, on Tuesdays, from 11 am -12 pm, at the Dighton Council on Aging, 300 Lincoln Ave., N. Dighton. Please call 508-823-0095 for more information.



EXERCISE CLASSES



Classes are held for those age 60+, on Mondays and Wednesdays starting at 9:30 a.m., at the Dighton Council on Aging. For more information please call 508-823-0095.

TAI CHI CLASSES



Tai Chi Classes are held for those 60+ on Fridays, from 9:00 a.m. to 10:00 a.m. Classes are held at the Dighton Council on Aging, 300 Lincoln Ave., N. Dighton. For more information please call (508) 823-0095.

WINTER DRIVING

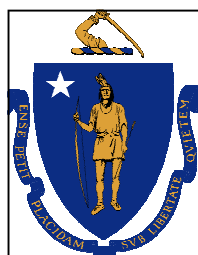
The best advice for driving in bad winter weather is: ***"Not to drive at all"***.



VETERANS CORNER

The Dighton Veterans Agents' Office is located in the Dighton Town Hall, 979 Somerset Ave, Dighton. Office hours are held Mondays and Tuesdays 7:30 a.m. - 4 p.m. and Wednesdays 7:30 a.m.—11:30 a.m. Please call 669-6431 for more information.

SENATOR MARK PACHECO VISITS DIGHTON TOWN HALL



Senator Mark Pacheco, or a representative, will be at the Dighton C.O.A on Tuesday, December 20, 2016, from 12:45 p.m.—1:15 p.m., and at the Dighton Town Hall from 1:30 p.m.—2:00 p.m. If you have any questions, needs or concerns that Senator Pacheco can help you with, please come to Dighton Town Hall, 979 Somerset Ave., Dighton. If you would like to set up an appointment, please give us a call at 508-823-0095. Walk ins are always welcome.

REMINISCING WITH MYRNA

Myrna Santos, Town of Dighton Historian, would like to listen to your stories about the good old days. Join us ***Friday, December 16th., at 10 a.m.*** (call to confirm), at the Dighton C.O.A, 300 Lincoln Ave., Bring your old pictures, newspapers, scrapbooks, yearbooks, postcards, etc. Please call 508-823-0095 to let us know you'll be attending.

THE SOJOURN BEARS GROUP

The Sojourn Bears Group will be meeting, on Monday, January 23, 2017, at 10:30 am. Bears made by caring volunteers, are distributed to Cancer Patients, Survivors and those effected by it, at nearby hospitals. For more information and to let us know if you would like to help, please call (508) 823-0095.

HEALTHY HOLIDAY EATING

High fat and high sugar foods are everywhere during the holiday season. However, with a little attention, you can make it through while sticking to your diet and avoiding weight gain.

Tips to avoiding holiday pitfalls:

- Do not skip meals. Skipping breakfast or lunch before a holiday dinner can cause you to overeat.
- Fit in some exercise. Exercise helps relieve holiday stress and prevent weight gain. Get the whole family to go for a walk after a holiday dinner. *Talk to your doctor before starting any new exercise routine.
- Make healthy choices. Look at the whole table to see what is being served, then fill up at least half your plate with fruits and vegetables with many different colors.
- Bring a healthy dish. When going to a friend or family's home, bring a dish such as salad, vegetables, fruit, chicken, or fish.
- Be mindful of how much you are eating. Pace yourself and be more aware of how much you are eating, and stop when you are full, not stuffed. After eating one plate, wait 20 minutes before going back for seconds to determine if you are still hungry. Use a smaller plate or do not overfill your plate.
- Do not drink your calories. Avoid soda and sweetened drinks, and limit alcohol. Calories in common holiday drinks: cup of eggnog = 350 calories, cup of apple cider = 120 calories, glass wine = 120 calories, 8 ounces soda = 100 calories.
- Do not hangout by the buffet table to avoid grazing on additional foods.
- Pick one or two small pieces of your favorite dessert. You don't need to sample everything on the dessert table, take a taste of your favorites.

MASSACHUSETTS EMERGENCY MANAGEMENT AGENCY**Suggested all-Hazards Emergency Kit**

- Bottled water (1 gallon per person/per day for 3 days)
- Canned goods and nonperishable foods, particularly those that do not need cooking
- Manual can opener, duct tape, plastic sheeting or tarp
- Radio (Battery-powered or hand crank), NOAA Weather Radio and extra batteries
- Flashlight or lantern, with extra batteries (safer than candles and open flames)
- First aid kit
- Pet food, supplies, tag, crates, if needed
- Prescription medications (2 week supply)
- Extra eyeglasses, contact lenses, and dentures
- Extra batteries for hearing aids, wheelchairs, or other medical equipment
- Medical oxygen tanks
- Whistle to signal for help
- Watch or battery operated clock
- Copies of important documents and ID's, cash and emergency contact numbers
- Cell phone and charger (also an auto, solar, or crank charger in case the power goes out. For more information please visit: www.mass.gov/mema

WWW.MASS.GOV/MEMA

**LIBRARY REPRESENTATIVE
VISITS LINCOLN VILLAGE**

A Representative from the Dighton Public Library will be at the Lincoln Village Community Center on ***Tuesday, December 13th.***, from 1:00 pm - 3:00 pm. This program is for Dighton residents. You may check out and return books, videos, D.V.D's and more. For more information, please call (508) - 669 - 6421.



Prime Time *An Adult Supportive Day Program*

For those of you who may not be aware of it, the Town of Dighton has an adult day program located to the rear of the Town Hall called “Prime Time”. The purpose of this program is to provide our elderly population with social activities in a supportive setting. Guests who attend are from Dighton and many surrounding communities. Respite for caregivers is also provided for those who need planned relief to conduct personal business or enjoy some leisure time away from a loved one who may not be able to be left alone.

At “Prime Time” a home-like atmosphere is provided fostering openness, sharing, laughter and understanding, all in a pleasant informal setting. Our guests benefit from, both, mental and physical stimulation and thoroughly enjoy participating in regularly scheduled activities and programs. An opportunity is provided for guests to socialize and enjoy a nutritious breakfast and lunch with their peers. Our goal is to foster personal enrichment and to promote the highest level of social functioning in a safe, caring and nurturing environment. “Prime Time” provides stimulating programs, for qualifying seniors, such as arts & crafts, light exercise, walking club, outings, blood pressure screenings, podiatry sessions, clinics, bingo, games, and a hairdresser and barber service.

If you would like to get out of the house and just be with people, or know someone who cannot stay home alone or whose family could benefit from some respite, we may be able to help both the elder and the caregiver. “Prime Time” is open Monday through Friday from 8:00 a.m. to 3:00 p.m. At “Prime Time” your loved ones quickly become our loved ones. Call Alice or Sheila at 508-669-6272 for more information or to make an appointment to come and see for yourself just how wonderful a program it is. We’re here for you!

MEDICAL LOAN CLOSET

Temporary loans of medical equipment are available to Dighton Residents 60+, such as wheel chairs, canes, and walkers. If you or someone you know is in need, please call 508-823-0095.

TOWN OF DIGHTON COMMUNITY FOOD BANK



Dighton Town Hall, (Lower Level)

979 Somerset Ave. Dighton

The next food bank will be held on:

Saturday, December 17th.

8:30 a.m.—10:00 a.m.

First time attending: Must show ID and Utility bill with address and, **Show Proof of need:** Tax Returns, Disability Statement, etc.

FUEL ASSISTANCE

The winter is knocking on the door. Do you need help with heating costs? If you would like to know more about Fuel Assistance, you can contact Citizens for Citizens, located at 1 Taunton Green, phone number 508-823-6346, or visit their website: <http://cfcinc.org/>

SMALL HOME REPAIRS

We have a volunteer who can do small repairs. To qualify, must be a Dighton Resident, 60+ and of low income. For more information please call the COA at (508) 823-0095.



LUNCH AT PRIME TIME: Prime Time's Monthly Menu did not arrive in time to be put into the Strawberry Vine. Nutritious meals are still served at Prime Time, Monday through Friday, at 11:30 a.m., by reservation. Call 508-669-6272 by 10:30 a.m. the previous day to reserve a meal. You may also view the menu at www.dighton-ma.gov

TRANSPORTATION

Med Wheels

Long distance transportation funded through United Way of Greater Attleboro/Taunton for seniors and people with disabilities that are ADA eligible in **Dighton**, and surrounding communities.

To make a reservation, please call:

508-823-8828, ext. 263



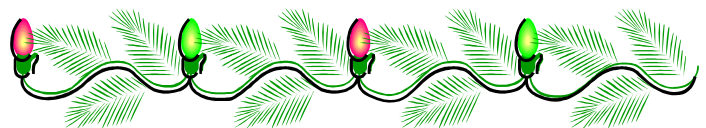
**Makes Everyday Life
a Little Easier**

GATRA also provides **Dial-A-Ride**, a curb-to-curb transportation for persons 60 years or older. To find out which services are available call: **1-800-483-2500** or visit the website **www.gatra.org**

**Need Transportation
to medical appointments?
Please visit:**

<http://massridematch.org>

Ride Match, is an internet website with a regional directory of transportation options (private, public, and non-profit) for seniors, people with disabilities or anyone needing to travel in Southeastern Massachusetts and beyond.



DIAL-A-LAWYER OFFERS FREE LEGAL ADVICE EACH MONTH

To use Dial-A-Lawyer, call (617) 338-0610 or (877) 686-0711 on the first Wednesday of the month between 5:30 and 7:30 p.m.



DECEMBER 2016 CALENDAR EVENTS



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Delicious, nutritious meals served at Prime Time! Please call 24 hours in advance to reserve.</i></p> <p><i>T.H.= Town Hall L.V.=Lincoln Village P.T.=Prime Time</i></p>	<p><i>Need Transportation? Call Dial-A-Ride</i></p> <p>MERRY CHRISTMAS </p>		<p>1) Walking Club- At the Town Hall</p> <p>1:00 Card Games</p> <p><i>7 p.m. COA Board Meeting @ Prime Time</i></p>	<p>2) Walking Club- At the Town Hall</p> <p>9:00 Tai Chi Class</p>
<p>5) Walking Club- At the Town Hall</p> <p>9:30 Exercise Class</p> <p>1:00 Card Games</p>	<p>6) Walking Club- At the Town Hall</p> <p>11:00 Chair Yoga Class</p>	<p>7) Walking Club- At the Town Hall</p> <p>9:30 Exercise Class</p> <p>1:00 Card Games</p>	<p>8) Walking Club- At the Town Hall</p> <p>1:00 Card Games</p> <p>12:30 Entertainment at Prime Time</p>	<p>9) Walking Club- At the Town Hall</p> <p>9:00 Tai Chi Class</p>
<p>12) Walking Club- At the Town Hall</p> <p>9:30 Exercise Class</p>	<p>13) Full Moon Walking Club-T.H.</p> <p>10:00 Men's Group</p> <p>11:00 Chair Yoga Class</p> <p>1:00-3:00 Library Rep. @ Lincoln Village</p>	<p>14) Walking Club- At the Town Hall</p> <p>9:30 Exercise Class</p> <p>12:30 Entertainment at Prime Time</p> <p>1:00 Card Games</p>	<p>15) Walking Club- At the Town Hall</p> <p>1:00 Card Games</p>	<p>16) Walking Club- At the Town Hall</p> <p><i>Podiatrist at Prime Time (By appointment only)</i></p> <p>9:00 Tai Chi Class</p> <p>10:00 Reminiscing With Myrna</p>
<p>19) Walking Club- At the Town Hall</p> <p>9:30 Exercise Class</p> <p>1:00 Card Games</p>	<p>20) Walking Club- At the Town Hall</p> <p>9:30 No Wellness Clinic</p> <p>11:00 Chair Yoga Class</p> <p>1:00-2:00 Senator Pacheco Representative at L.V & Town Hall</p>	<p>21) Winter Begins</p> <p>Walking Club- At the Town Hall</p> <p>9:30 Exercise Class</p> <p>1:00 Card Games</p>	<p>22) Walking Club- At the Town Hall</p> <p>1:00 Card Games</p>	<p>23) Walking Club- At the Town Hall</p> <p>9:00 Tai Chi Class</p>
<p>26) Kwanzaa Begins</p> <p>Walking Club-T.H.</p> <p>No Exercise Class</p> <p>No Sojourn Bears</p>	<p>27) Walking Club-T.H.</p> <p>No U.F.O's</p> <p>No Chair Yoga Class</p> <p>No 1:00-3:00 Library Rep. @ Lincoln Village</p>	<p>28) Walking Club- At the Town Hall</p> <p>No Exercise Class</p>	<p>29) New Moon Walking Club- At the Town Hall</p>	<p>30) Walking Club- At the Town Hall</p> <p>No Tai Chi Class</p>

Dighton Council On Aging
300 Lincoln Avenue
North Dighton, MA 02764

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Taunton, MA 02780

THE STRAWBERRY VINE NEWSLETTER DECEMBER 2016

Informational Services available through
Council on Aging office:

Wellness Clinic
Podiatrist Clinic
Vision Clinic
Card Games
Arts & Crafts Group
Sojourn Bear Group
Entertainment at Prime Time
Exercise Program
Tai Chi Program
Chair Yoga Program
Men's Social Group
Food Stamps
Project Bread's Food Source Hotline
Prescription Advantage Insurance Program
Nutrition Program
File of Life Program
RUOK Program
SHINE Program
Legal Assistance
Meals on Wheels and much more.

If you have any questions at all concerning
elder affairs please do not hesitate to call us
at 508-823-0095. We are here to help!

Dighton Council on Aging:

Executive Director:

Alice E. Souza

Board Members:

Thomas Ferry

James Hoye

Gloria Johnson

Jeffrey Allie

James DeArruda



“PRIME TIME” is an adult supportive respite facility located in the rear of the Town Hall, 1059 Somerset Avenue, Dighton, (Route 138). If you know of someone who cannot stay alone or whose family could benefit from some respite, we may be able to help both the elder and the caregiver. **“Prime Time”** is open Monday through Friday from 8:00 a.m. to 3:00 p.m. **“PRIME TIME”** is a supervised program for elders where they can enjoy a full and productive life. Call Sheila at (508) 669-6272 or visit us at www.dighton-ma.gov for more information.